



Rubella is spreading

The number of people with rubella infection in Japan so far this year is the highest since 2008, which was when the overall numbers were first examined. The number of people with rubella infection may continue to increase in the future. Therefore, it is important that preventive measures be employed for people who have never been infected with rubella or received vaccination against rubella infection.

What is rubella?

Rubella is a viral infection that spreads through the air such as by saliva spray. After a 2–3-week period with no symptoms, a pale rash erupts all over the body. Other symptoms include fever, often mild, and swelling of the lymph nodes. Because the rash disappears after about 3 days, rubella is also called the 3-day measles. It is considered that roughly 15% of cases show no apparent symptoms, subclinical infections. Although the transmission of rubella is not as strong as that of measles or chicken pox, the number of people infected with rubella has increased this year.

While rubella typically occurs before the age of 10 years, the number of adult males with rubella has recently been increasing. Although rubella symptoms are relatively mild in children, fever and rashes last for a long period in adults and severe joint pain occurs in many cases. In addition, when a woman in early pregnancy contracts rubella, the infection spreads to the fetus; then, the fetus develops congenital rubella syndrome, resulting in disorders such as cataracts, heart disease, and hearing loss. Therefore, to avoid becoming a source of infection, it is necessary that everybody receives the appropriate vaccinations and maintain the sufficient antibody levels.

How can I prevent rubella?

◆ Vaccination is a guaranteed prevention method.

If you do not have the sufficient level of antibodies, then, it is important to receive vaccination and develop immunity. It is strongly recommended that both men and women be vaccinated to protect themselves against the complications caused by rubella infection and to avoid becoming a source of infection.

◆ If you suddenly develop a whole-body rash or fever, see a doctor immediately.

◆ If you are diagnosed with rubella, do not attend school until the red rashes have disappeared.

◆ If you show symptoms, take precautions not to spread the infection, such as wearing a mask and avoiding coughing without covering the mouth.

Rubella infection is considered the most severe at 2–3 days before the rashes appear and until about 5 days after rashes appear.

◆ Wash your hands and gargle regularly and thoroughly.

★ Check your results of the annual health checkup at the first year of Gifu University

The Student Health Administration System (On campus) <https://kenshinweb.gifu-u.ac.jp>



Gifu University conducts an antibody test for infectious diseases (measles, rubella, chickenpox, and mumps) in the annual health checkup at the time of your entrance. We recommend that students with low titers indicating insufficient resistance get an additional vaccination at a medical institution.